

ABSTRACT

Thesis title:

Analysis of stability in alpine disciplines by children

Goal of the thesis:

The aim of this work is comparison the level of postural stability in a group of efficiency skiers and students with selected indicators of postural stability (the total length of trajectory and speed of deflection in the sagittal and lateral direction).

Method:

To test the ability of balance were first selected two files, a group of efficiency skiers and students. During the test was used method called stabilometry.

Results:

The test results showed higher level of postural stability by all monitored indicators by the group of skiers, except the velocity deflection in the sagittal direction with eyes closed. In most cases was also evident the deterioration of all observed indicators of postural stability in all tests with eyes closed, compared to the tests with eyes open.

Keywords:

Alpine disciplines, Postural stability, Balance abilities, Stabilometry